

2025 Traditional Camp Packing List

Campers are responsible for all items brought to camp. Label everything! Girl Scouts in the Heart of Pennsylvania is not responsible for lost, damaged or stolen items. Please be advised that the list below represent supplies for resident camp (6 days, 5 nights).

Sleeping Essentials

- ☐ Sleeping bag or heavy blankets
- ☐ Pillow(s) & extra pillowcase
- ☐ Fitted sheets (twin size)

Personal Hygiene

- ☐ 2-3 washcloths
- ☐ Shampoo/conditioner (4 nights worth)
- ☐ Body wash/soap
- ☐ Deodorant
- ☐ 2 towels (swimming & showering)
- ☐ Toothbrush and toothpaste
- ☐ Hairbrush/comb
- ☐ Shower caddy or bag

Clothing

- ☐ Shorts/athletic shorts for each day
- ☐ 2-3 pairs of long pants
- ☐ Shirts for each day (no strapless, lowcut or crop)
- ☐ Sweater, sweatshirt, or jacket
- ☐ Undergarments (required daily, pack extra!)
- ☐ Socks (required daily, pack extra!)
- ☐ 2 bathing suits
- ☐ Pajamas (nights are cold/hot, bring options)
- ☐ Raincoat or poncho (no umbrellas please)
- ☐ 2 pairs of sneakers or hiking boots
- ☐ 1 pair of waterproof boots (rain boots)
- ☐ Flip flops or crocs for pool area and showering

Miscellaneous

- ☐ Prescription and over-the-counter medication to be turned into the camp healthcare staff at check-in
- ☐ Backpack
- ☐ Refillable water bottle (with name)
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Sunglasses
- ☐ Bandana/hat and hair ties
- ☐ Chapstick
- ☐ Flashlight/headlamp (extra batteries)

Optional Items

- ☐ Disposable camera (no phones allowed)
- ☐ Comfort item (example: stuffed animal)
- ☐ Reading materials
- ☐ Playing cards/non-electronic games (if deemed inappropriate for camp, items will be held until the end of camp and returned at check-out)
- ☐ Stationary, pen/pencil, stamps, envelopes
- ☐ Swim vest (only if needed to swim)
- ☐ Earplugs or sleeping mask for light sleepers
- ☐ Water shoes (with a back) for creek activities (no flip flops)
- ☐ Feminine sanitary products (if needed)
- ☐ Small battery-operated fan for sleeping